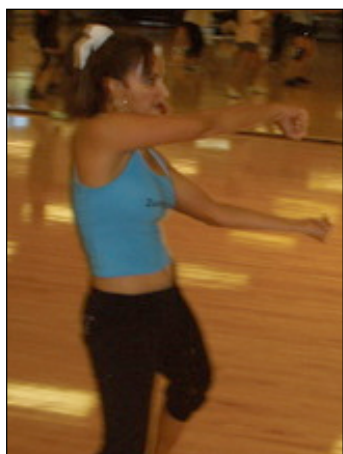


Inside



■ Movies this week: 'Sex and the City' (above) and 'The Chronicles of Narnia: Prince Caspian'

B4



■ Get in shape to a hot Latin beat with the Zumba workout, Mondays at the fitness center

B5

Education

Spouse Tuition Assistance Program — Applications will be accepted through July 9 for classes starting in August or September. For more information or to pick up an application, visit the Force Development Flight in Hangar 2, Rm 103.

Chaminade University courses — EN 102 (expository writing) and PSY 101 (general psychology) will be offered during the July 7-Sept. 15 semester. These courses are applicable to CCAF degree requirements as written communication and social science. For more information, call 422-1647 or email dsergio@chaminade.edu.

University of Oklahoma registration — Register now for the University of Oklahoma's summer term. OU offers a master of arts in managerial economics here on base. The university's non-thesis program can be completed in 18 months or less. The enrollment deadline for our next course is July 19. For more information, call 449-6364 or e-mail aphickam@ou.edu or visit www.goOU.ou.edu.

Officer Training School deadline — Applicants for the OTS Oct 08 rated board should contact Ali Scanlon with the Force Development Flight at 449-6363, ext. 228, or by e-mail at Alisha.scanlon@hickam.af.mil by July 15 to set up an appointment for initial package reviews. OTS details are available online at <http://afrecruiting.com/RSOC/>.

SNCO education level updates — Planning to have your education level updated before Sept. 30 for the E-8 cut-off? Check your DVR to determine what your current education level is. If you need counseling about completing your CCAF degree, have your CCAF or civilian degree completion updated in your military record, stop by the Force Development Flight in Hangar 2, Rm. 103, to discuss your options and requirements.

Service members go ape over Honolulu Zoo's Military Appreciation Day

By Dee Ann Poole
Special to the Kukini

More than 8,000 people attended the 3rd annual USO-sponsored Military Appreciation Day at the Honolulu Zoo Saturday. Attendees were treated to a free lunch consisting of a hotdog, chips, water and ice cream. In addition to free access of the zoo's regular exotic attractions, attendees enjoyed free transportation, music by various artists and hands-on projects provided by USO volunteers.

"This is our day to say 'mahalo' to those who have volunteered to defend America, especially those who have loved ones deployed to the world's hot spots," said Honolulu Mayor Mufi Hannemann. "We stand with you and send our prayers" that they come home safe."

As he greeted military members and their families, the mayor noted that the City and County of Honolulu was happy to partner with other groups to sponsor the event. He added that, although May is officially Military Appreciation Month, the zoo event is one way to "continue to show our support for the military."

Mayor Hannemann said one of the most important benefits of the more than 100,000 military members stationed on Oahu are the friendships that can be made. The mayor then recount-

ed a story of when he was growing up and lived next door to a military family. He said the family introduced him to baseball, the East Coast and that he learned to swim at the Hickam pool.

Elaine Ota, USO Hickam center manager and special events planner, said one reason for the event is to help families living here while a spouse is deployed.

"This is a chance for them to have a day of no worries," she said. "They don't need to spend money for entry to the zoo, parking, concert or the picnic in the park."

For Tech. Sgt. Matt Albrecht, who is stationed at Camp Smith, the event was an important one for him and his family.

"It's great to get out and do a family thing — it was a fun day," he said. "We're relatively new here and don't know many people or where places are located."

The sergeant, an Afghanistan deployment veteran, also praised the USO programs, noting, "The USO volunteers are impressive and important to military members and their families."

Master Sgt. Tom Brouse and his wife, Kari, also applauded the event. "This kind of event brings people together and builds camaraderie," said Sergeant Brouse, who is assigned to Pacific Air Forces. "It was a great family event."



Hickam Airman reaches peak of AF volleyball

By Tyler Hatfield
15th Airlift Wing Public Affairs

In May, Airman 1st Class Alexandra Eppert realized a life-long dream when she was invited to join the Air Force women's volleyball team.

And even though she may make it look easy down on the court, qualifying to play for the service-level team was anything but.

"The tryouts were intense," said the 15th Service Squadron Airman. "I felt like I was going to die by the end of the first day."

Of course, that was just the first of a grueling three-week trial camp Airman Eppert and other Air Force-team hopefuls endured at Randolph AFB, Texas.

The airman said the camp consisted of three weeks of vigorous conditioning, strength training and skill concentration during two three-hour practices held each day. At the end of those three weeks, she said she found



Hickam Airman Alexandra Eppert said tryouts for the Air Force volleyball team were 'intense.'

herself in the select company of 10 women chosen from the large pool of female athletes as one of the starting middle blockers for the Air Force women's team.

"I was very excited to be chosen to compete with the team," she said, "since I had not played competitively for a few years."

Airman Eppert noted that

she started playing volleyball seven years ago as a freshman at Valley High School in Las Vegas. After receiving an invitation via e-mail for high school tryouts, she said decided to "give it a shot."

Airman Eppert says her favorite thing about volleyball is "being at the net, ready to get a kill, or when I'm on defense and I stuff (block a kill) someone on the other team."

Before returning to Hawaii on June 8, the airman said she had already added a silver medal to her collection when her team took second place at the All Armed Forces Tournament held June 1-7 at Cherry Point MCAS, NC.

In the future, Airman Eppert sees herself trying out for the team again next year. If she clears that hurdles, she plans on trying out for the All Armed Forces team, which will participate in the International Military Sports Council in Brazil in June 2009.



Photo by Benny Miguel

Criterion riders go the distance

Military and civilian cyclists hit the streets on June 22 in the first Hickam Freedom Tower Criterion event. Presented by the Hickam Fitness & Sports Center and sponsored by the Hickam Area Cycling Club (HACC) and area retailer Momentum Multisport, the event featured five race categories, during each of which athletes were given a set amount of time — ranging from 35 to 60 minutes — plus one lap around the entire course to rack up as many miles as possible. The more miles cyclist put on the clock, the better they scored. Top finishers in each race category shared in \$1,100 in cash and prizes.

Inside SERVICES

Busy 4th of July Beach Blast continues today

An entire day of exciting activities is planned for today down at Hickam Harbor, including bounce houses, banana boat rides, rock climbing, mini wheel, horse carousel, giant slide, obstacle course and carnival games are all available for the kiddies. All-day wristbands are \$20 with individual passes available, as well. Enjoy boat races, youth entertainment, the Air Force Band of the Pacific and local artists. A variety of food and beverages are available for purchase. A 20-minute fireworks display at 8:30 p.m. ends the night’s festivities. A complimentary shuttle service will be available to Hickam Harbor. Shuttle pick up and drop off points are the PACAF parking lot off “D” Street, Bishop Point and the HIANG parking lot. Shuttle runs from 11 a.m. to 7 p.m. and from 9 to 11 p.m.. For details, call 449-5215 or check out www.hickamservices.com.

Youth Ocean Adventure summer edition is on now

This six-week program for youth ages 7-15 is open for registration, and includes sailing, surfing, reef walking, volleyball, windsurfing and team building at Hickam Harbor running July 7-25. Off-base excursions include hiking Kaena Point, Kayaking China Man’s Hat and Snorkeling 3 Tables on the North Shore. Pre-registration required, and participants have the option of either full or half days. A full eight-hour day

is \$180 per week or \$875 for six weeks, and a four-hour day is \$100 per week or \$450 for six weeks. For more information, call Outdoor Recreation at 449-5215.

Kids summer craft camps kick into gear Tuesday

Calling all kids ages 5-15, spend your summer learning new creative projects each day for six fun-filled weeks with the Arts & Crafts Center. Sign up now for all of them or just one week. Class sessions are July 8-11, July 15-18 and July 22-25. Cost is \$50 for the first child, and \$45 for each additional child. For a full list of class schedules and times, call 448-9907.

Get movin’ in month-long ‘Tour de Hickam’ program

This cycling incentive program runs the entire month of July, and rewards top finishers and an overall winner with prizes. Log sheets can be picked up at the Fitness Center customer service counter and must be tallied to show total mileage. One spin session gives you 25 miles and actual mileage or road and lifecycle stationary bike, mile per mile. Log your own miles. For more information, call 448-2214.

HICKAM AFB

SERVICES

Combat Support & Community Service

Next weekend kicks off with July’s Warrior Friday

Next Friday is Warrior Friday in the O’ Club Koa Lounge, co-hosted by MXG with the theme of “7-11.” Pupus begin at 4:30 p.m. For more information, call the O’ Club at 448-4608.

Get out! — Four-night Molokai Hike & Camp

Explore Wailau Valley, some of the world’s highest sea cliffs, Kahiwa Falls, Wailau Stream and tropical forests of mango, guava and mountain apples with ITT, July 9-12. Cost is \$750 per person and includes roundtrip air from Honolulu to Molokai, boat trip and tour of Molokai’s north side, all meals and sleeping tent. For reservations and information call ITT at 448-2295.

Fitness is fun with Pal-Ercise by Melanie Marani

Registration is now open for Mommy & Me Pal-Time for Tots ages 1-4 and Creative Pal-ercize for ages 3-7, by Melanie Marani. Classes explore a different theme of creative movement focusing on the importance of exercise, development of motor skills, balance and coordination. Cost is \$10 per session. Class dates are July 7-12, July 14-19 and July 21-26. Mommy & Me Pal-Time runs from 10 to 10:40 a.m.; Creative Pal-ercize runs from noon to 12:40 p.m. at the Arts

& Crafts Center. For more information or to register, call the Arts & Crafts Center at 449-5215.

Flag football registration opens in ten days

Registration opens July 14 continues through Aug. 8 for Youth Flag Football. Youth born 1993-2003 are eligible to sign up. Practice begins the week of Sept. 1, and the season begins Sept. 27 and lasts through Nov. 15. Cost is \$65 per child. For more information, call 448-4492.

Swing into Ke’alohi Par 3 for their 4th of July sale

The Ke’alohi Par 3 Golf Course is having a Fourth of July sale through tomorrow. Merchandise over \$20 that is not already on sale is 10 percent off. For details, call Ke’alohi Par 3 at 448-2318.

Link up to junior golf at Ke’alohi Par 3 tomorrow

August registration on playgolfamerica.com opens tomorrow. This program has only six slots per class for each age group: 7-9 years and 10-12 years. Registration will continue until all slots are full. Cost is \$59 per student. For more information, call George H. Hutchison Jr., PGA teaching professional, at 448-2318.

Link up to adult golf at Ke’alohi Par 3 tomorrow

August registration opens tomorrow on playgolfamerica.com. Registration will continue until all slots are full. Cost is \$59 per student. For more information, call Ke’alohi Par 3 at 448-2318.

See SERVICES, B5

ALL AMERICAN BEACH BLAST



HICKAM HARBOR 3 & 4 JULY 2008



Thursday, 3 July

- Overnight camping \$30 per campsite
- Movie Under the Stars Double Feature:
 - Pirates of the Caribbean: Curse of the Black Pearl
 - Pirates of the Caribbean: Dead Man's Chest
- Reserve your spot now!

Friday, 4 July

All Day: Food Booths, Entertainment, Kiddieland, Bounce Houses, Pony Rides, Petting Zoo & Games!

1200 – 1300 Youth Entertainment

1330-1600 Kids Music

1615-1745 Natural Vibrations

1800-1900 PACAF Hana Hou Band

1905-1935 Fire knife Dancer's

1930-2030 PACAF Hana Hou Band

2030-2055 FIREWORKS

CALL OUTDOOR RECREATION AT 449-5215 FOR FULL DETAILS

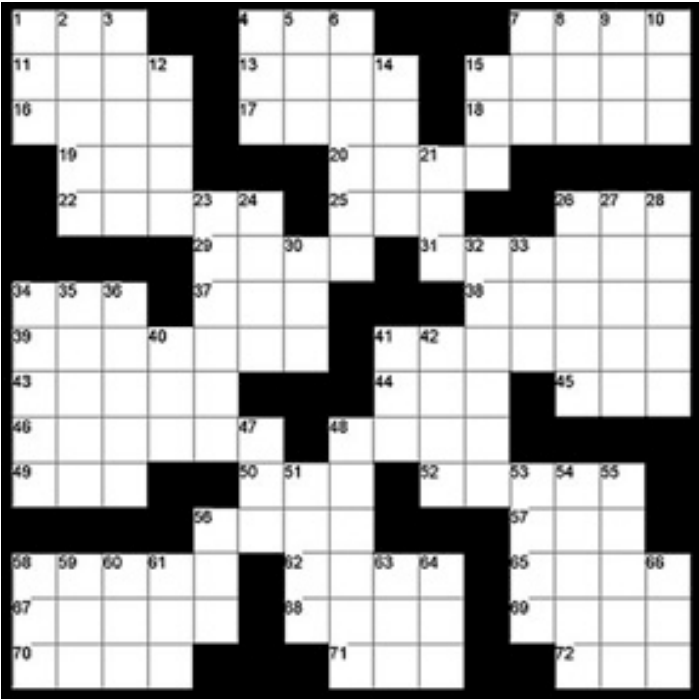
WWW.HICKAMSERVICES.COM

MAHALO TO OUR SPONSORS:



No Federal Endorsement Intended

Crossword Puzzle: Independence!



By Capt. Tony Wickman
71st Flying Training Wing

ACROSS

- 1. Filing aid
- 4. Jackie Moon’s org.
- 7. Of, pertaining to, or noting two
- 11. Heavenly spot
- 13. Maj. Gen. William ____; AFCYBER commander
- 15. Valley ____; winter quarters of Washington’s army 1777–78
- 16. Space org.
- 17. Gen. Peter ____; former Chairman, JCS
- 18. Narrow passage between islands
- 19. Thick mass of hair
- 20. Exam
- 22. ____ Act; British law enraging the Colonies
- 25. Altar words
- 26. Hallucinogenic drug popular in the 1970s
- 29. USAF MAJCOM
- 31. African desert
- 34. USA O-3

- 37. Fed. agency responsible for airport security
- 38. North American dogwood
- 39. Formal public speech
- 41. Central African republic
- 43. Hall of Fame pitcher Ryan
- 44. Tolkien character
- 45. Goddess of the dawn
- 46. King ____ III; British monarch during American Revolution
- 48. Second letter of the Greek alphabet
- 49. USAF E-2
- 50. African oxlike antelope
- 52. Film award
- 56. Celestial object
- 57. Pub order
- 58. NY Yankee great
- 62. Go away hastily and secretly; flee without notice
- 65. Cut apart or open along a line
- 67. ____ Rock or Uluru; Australian icon
- 68. Abominable Snowman
- 69. Dr. Ron ____; former USE-CAF and astronaut
- 70. The Seven ____ Itch; 1955 Monroe movie

- 71. Decay
 - 72. 22°30’ east of due north, in brief
- DOWN**
- 1. X to Cicero
 - 2. Samuel ____; American statesman and Revolutionary leader
 - 3. Intoxicate or stupefy with drink
 - 4. European mount
 - 5. Constrictor
 - 6. ____ Ocean
 - 7. Put on or dress in, as in MOPP gear
 - 8. Web address
 - 9. Bronze or Ice
 - 10. Permit
 - 12. California wine valley
 - 14. Exploit or achievement; feat
 - 15. In shape
 - 21. USAF PME for O-3s
 - 23. The ____ Game; 1959 Randall/Reynolds movie
 - 24. Mexican currency
 - 26. Thomas ____; Common Sense writer urging Colonists to revolt
 - 27. Set of fundamental beliefs or guiding principle
 - 28. Treaty of ____; ended American Revolution in 1783
 - 30. Amy ____; The Joy Luck Club author
 - 32. Heart parts
 - 33. Northernmost Calif. state college, in Arcata
 - 34. Cuban ballroom dance
 - 35. Introduction; preface; pre-amble
 - 36. T-38
 - 40. Road material
 - 41. Honey maker
 - 42. Do ____ others ...
 - 47. Egotism; conceit; self-importance
 - 48. ____ Hill; site of famous Colonial stand against British forces

- 51. Unduly curious about the affairs of others; prying
- 53. Mama ____; The Mamas & the Papas group member
- 54. Ethan ____; iconic leader of Green Mountain Boys during American Revolution
- 55. Period during which a sovereign occupies the throne
- 56. Mr. & ____ Smith
- 58. John ____; .Revolutionary hero statesman, first Chief Justice
- 59. Hurricane center
- 60. Boston ____ Party; defiant act by Colonials to protest tax
- 61. Mistake
- 63. Simpson trial judge
- 64. Hole in the ground
- 66. ____ kwon do; Korean martial arts

See SOLUTIONS, B4

SUDOKU

For solution, see SUDOKU, B4

3				4	1			
4		7	9		3			
	5			8		9		
	2	9						5
		5				4		
1						2	6	
		4		1			9	
			7		2	6		4
			3	9				7

Team Hickam History

The Air Force’s most historic airfield

July 6, 1937 — Colonel M. F. Harmon and 1st Lt. Robert Warren make an inspection of Hickam Field, prior to occupying it. They landed with a P-12. Satisfied with that visit, plans went forward for the eventual transfer of other units to Hickam. The commanding general of the 18th Wing issued an order assigning the Headquarters, 18th Wing, Air Corps, to Hickam Field.

July 4, 1960 — The first official raising of the 50-star flag of the United States, symbolic of Hawaii’s admission into the Union, is accompanied by impressive ceremonies at Iolani Palace in Honolulu. The Hawaii Statehood Celebration Committee coordinated participation of local organizations and military services, and the PACAF-BASECOM Director of Information represented the Air Force on the committee. Each military service selected two Island-born enlisted men of different racial descent to

assist in lowering the 49-star flag and raising the 50-star flag. The two Air Force participants were A1C David Mendez and A1C Wendell Won from the 6486th Air Police Squadron, of Puerto Rican and Chinese descent, respectively.



July 5, 1970 — The first C-5A aircraft arrives at Hickam AFB, Hawaii.

July 6, 2002 — Typhoon Chata’an strikes Guam with 110-mph winds and flooding rains, leaving downed power lines and poles, trees pulled from their roots, tin roofs wrapped around fences and houses, and homes surrounded by murky floodwaters. Hickam deployed 20 members of the 15th Civil Engineering Squadron to Guam, bringing eight generators, ten ice machines, seven portable air conditioning units, and other CE supplies. Hickam also sent 31,104 16-oz. water bottles, 15,120 1-liter water bottles, and 10,368 MREs.

Jenny

Family

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THE PAPER HAD A STORY TODAY ABOUT FIVE MORE SOLDIERS...BUT THEY DIDN'T GIVE ANY NAMES.

WHY DO YOU WANT NAMES?

TO SEE IF I KNOW THEM

YOU KNOW THEM. WE BOTH KNOW ALL OF THEM.

YEAH?

YEAH

THEY'RE OUR HUSBANDS AND WIVES, OUR BROTHERS AND SISTERS, SONS AND DAUGHTERS, FRIENDS, COUSINS, FATHERS, MOTHERS.

OKAY...I GET IT. YOU DON'T HAVE TO BE SO HEAVY-HANDED ABOUT IT.

I'M JUST SAYING... WE'RE MILITARY SPOUSES. THAT'S OUR FAMILY OVER THERE... ...WHETHER WE KNOW THEIR NAMES OR NOT.

CHAPEL

Editor's note: For more information on Base Chapel services or for prayer requests, call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT

Chapel Center
Sunday Contemporary
Service 8:30 a.m.
Sunday Gospel Worship
10:30 a.m.
Nelles Chapel
Sunday Traditional
8:30 a.m.

JEWISH

Aloha Jewish Chapel,
Pearl Harbor
473-0050
Jewish Lay Leader
Mr. David Bender
527-5877
Naval Station Chapel
473-3971

CATHOLIC

Nelles Chapel
Weekday Mass
Mon.-Thu., 11:30 a.m.
Saturday Confessions
4:15 p.m.
Saturday Mass 5 p.m.
Chapel Center
Sunday Mass 10:30 a.m.

BUDDHIST

Honpa Hongwanji Hawaii
Betsuin A Shin Buddhist
Temple
536-7044

ORTHODOX

For more information
call 438-6687

ISLAMIC

Friday Congregational
Service
(1935 Aleo Place, Punahou)
1 p.m.
Muslim Association
of Hawaii
947-6263

SOLUTIONS, From B3



SUDOKU, From B3

3	9	2	5	4	1	7	8	6
4	8	7	9	6	3	5	2	1
6	5	1	2	8	7	9	4	3
8	2	9	4	3	6	1	7	5
7	6	5	1	2	9	4	3	8
1	4	3	8	7	5	2	6	9
5	7	4	6	1	8	3	9	2
9	3	8	7	5	2	6	1	4
2	1	6	3	9	4	8	5	7

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Friday, July 4, and Monday and Tuesday

Saturday and Wednesday, 7 p.m.

‘The Chronicles of Narnia: Prince Caspian’ — Prince Caspian finds the Pevensie siblings pulled back into the land of Narnia, where one thousand years have passed since they left. The children are once again enlisted to join the colorful creatures of Narnia in combating an evil villain who prevents the rightful Prince from ruling the land. Starring Tilda Swinton and Liam Neeson.

Rated PG for battle action and violence. Length: 144 min.



Sunday, 4 p.m.; Thursday, 7 p.m.

‘Sex and the City: The Movie’ — Picking up where the popular HBO series left off four years, the adventures of Carrie, Samantha, Charlotte and Miranda continue as Carrie and Mr. Big’s apartment hunt prompts them to discuss marriage. Meanwhile, Charlotte and lawyer husband Harry are enjoying life with their daughter; Samantha hunky actor Smith Jerrod are still an item; and Miranda works to balance life as a mother, wife and attorney with her blue-collar boyfriend Steve. As Carrie and Big’s wedding date approaches, they discover the path to wedded bliss may be rockier than they anticipated. Starring Sarah Jessica Parker and Chris Noth.

Rated R for strong sexual content, graphic nudity and language. Length: 145 min.



‘Zumba’ workout is high-energy fun

By Benny Miguel
Hickam Fitness Center
fitness director

Music, energy, dance, aerobics and pure fun and great ways to describe the Zumba experience. This new workout is sweeping the nation and adding passion to exercise.

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance moves, which create a dynamic, exciting and effective fitness system.

Zumba integrates some of the basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. In a Zumba class you will dance your way to salsa, merengue, hip-hop, belly dancing, swing, cumbia, samba and much more.

Zumba appeals to everyone because is so much fun and easy to follow. It feels like a celebration and it’s almost guaranteed to lift your mood.

Created by Colombian native Alberto “Beto” Perez this format started out of luck when one day “Beto” left his traditional aerobic music and improvising he unpacked his favorite Latin music tapes and started teaching his dance routines.

The first Zumba certification event in Hawaii was held last May at the Leeward YMCA in Waipahu. More than 30 instructors joined the event and are ready to spread Zumba in Hawaii. Join instructor Madalene Aponte, Monday mornings at 8:30 a.m. at the Hickam Fitness Center for Zumba.

Ditch the workout and join the party!



Photo by Benny Miguel

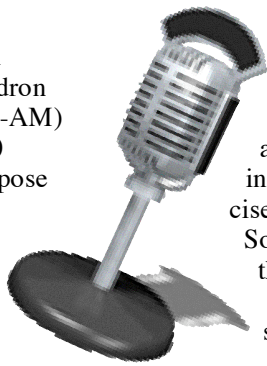
Zumba instructor Madalene Aponte conducts high-energy zumba classes Mondays at 8:30 a.m. at the Fitness Center.

HickAM gets the message out

By Hickam Kukini staff

Did you know that Hickam Air Force Base has its own radio station? No, you can’t tune into the latest hits or win big as caller number whatever, but you might just hear something that could save your life.

This spring, the 15th Communications Squadron created HickAM (Hick-AM) on the AM dial at 1610 MHz. The primary purpose of this radio station is to pass out emergency information, such as changes in Force Protection



Condition, etc. It is particularly applicable during wing exercises. So, if you hear the Giant Voice announce something on

base or you’re wondering if something is happening on base, tune into HickAM and you can learn more about the emergency.

If you have any questions about HickAM, call the Comm Focal Point at 449-8984.



FITNESSTIPS

**Exercise: ‘Dead bug’
(non-traditional abdominal exercise)**



Easy version: With legs straight, lie down on the floor. Switch one leg to up position with a 90-degree bend at the knee. Alternate legs, keeping head and back in good contact with the floor. Alternate arms for added difficulty and be sure to move slowly between from one pose to the next.

Model: Lana Torell, Hickam Fitness Center certified personal trainer and massage therapist

Photo by Benny Miguel, Hickam Fitness Center fitness director

SERVICES, From B2

Get into the library’s summer reading program

Registration is now open for the library’s summer reading program, themed Library Camp Out. Explore your library and join the adventure of reading, now through July 15. This program is broken down into grade levels: preschoolers through grade 2, grades 3-6, and grades 7 and up. For

more information, call the library at 449-8299.

Attend Ohana Newcomer’s briefing on Tuesday

Base newcomers and all Team Hickam — come spin the prize wheel and learn what Services has to offer Tuesday at 12:15 p.m. at the Enlisted Club. Free lunch is provided. For reservations, call Paulette Burnard at 448-2209, ext. 237.

